

Santa Claus Port Colborne parade in pictures

Eastside Residents urged top provide input Christmas elves Volunteers help spread seasonal cheer

Petition 7,000 signatures protest health care Page 14



INPORTANEWS

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■ WAINFLEET: Christmas Sights, sounds, smells of Christmas

ALLAN BENNER InPort News Staff

WAINFLEET - Carolers strolled through the old village, spreading Christmas cheer among the hundreds of guests as hot apple cider simmered over an open fire.

see WAINFLEET CHRISTMAS page 2





Niagara Real Estate Centre Brokerage

■ CHRISTMAS: Santa stopped by the Port Colborne Museum's Grand Old Christmas celebration

Preserving old traditions, creating new ones

ALL AN RENNER InPort News Staff

PORT COLBORNE - The Port Colborne museum brought back all the old favourites last Sunday for the Grand Old Christmas celebration. There were horse-drawn carriage rides and roasted chestnuts among

other attractions "We always try to have our traditional favourites, You can't take away Arabella's Pudding and Sauce, you can't take away the chestnuts, but as a community museum, we try to find

ways to work with other organizations that are already doing something. museum curator Stepanie Powell Bagwick said

With that in mind, Powell Baswick said the museum also added a few

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new attractions to the celebration of the Christmas season, and these additions were extremely popular among the hundreds of visitors who stopped by that day.

The museum transformed a display of historic Christmas ornaments into a competition inviting guests to vote on their favourite decoration, author Joan Scapillato signed copies of her new hook, Port People, and the event organizers also had a chance to focus on the museum's own history, with the help of 12-yearold Melinda Mitterhauser who acted out the role of Arabella Williams, the woman who bequeathed her home to the municipality, which was later transformed into Port Colhorne's museum

Not long after her family moved to Port Colborne, Melinda became interested in her new home. She remembers driving by the museum, and being "always intrigued about why it was called Arabella's Tea Room."



PORT CHRISTMAS

Free event was a nice gift for the community

FROM PAGE 1

Inside the many brightlydecorated historic buildings, crowds of people gathered to keep warm and share each other's company, while listening to music, enjoying bowls of homemade soup and Christmas pudding. The Marshville Heritage

Village welcomed the community last Sunday to help it celebrate Christmas in the Village. For organizers, the free

event was an opportunity to show their appreciation for the support the community has given them during the annual Marshville Heritage Festival, co-chair-woman Margaret Robertson said. "It's a neat thing to do for

Christmas here, because (the heritage village) lends itself to old Christmases gone by,"

Though Marshville Heritage Village accepted donations during the event, everything was free. That price tag, with no strings attached, came as a welcome surprise to many of the visitors.

Sam Perna brought his son Anthony to the event from their Welland home. He said his son picked up a handmade wooden toy, created by the official toy-maker Dan Rykse. He told his son to put it back, but Rykse told him to keep it.

It's free for the children. That is unusual. You don't see that everyday." Perna said.

referring to the price tag. Robertson said it took close to a hundred volunteers to make the event a reality, ranging from the people who decorated all of the historic buildings to the people who prepared all the delicious food.



A choir, above, sang carols as hundreds of people gathered at the Marshville Heritage Village to help celebrate Christmas in the Village, Sunday. At right, Marshville Heritage Village volunteer toy maker Dan Rykse plays a flute he made.

"We have 25 dozen gingerbread men we made and a woman in Santa's workshop made all that candy,"

Robertson said. Volunteer Barb Henderson made two large roasting pans filled with rice and Marianne Heaslip made several large pots of chicken soup. And all that food was given

away free too "This is a payback to the residents. I just love to watch the people come in. Everyone's happy at Christmas time anyway, It's

neat," Henderson said. ahenner@usellandtrihune.ca





ALLAN RENNER Staff photo Santa Claus spent Sunday afternoon posing for pictures with area children at the Port Colborne Musuem's Grand Old

Celebration spreads Christmas spirit

EDOM DAGE 1

Christmas Fostival

She learned a great deal about the woman who grew up in Port Colborne from 1867 to 1950, enough to inspire her to do her Historica school project on Williams, a project that won her a provincial award last

Melinda told visitors a story about a locomotive that fell into the canal.

Melinda's presentation was one of many attractions that left the museum's guests feeling Christmas spirit, Powell Baswick said. "I see a lot of smiles today,"

she said. As part of her presentation. abenner@wellandtribune.ca

BBO Chicken Meal Deal



Sobey/

For Busy Santas "Let Us Cook

PORT COLBORNE



portraits

PORT COLBORNE SANTA CLAUS PARADE

Santa Claus is coming to town ...









At top right, Port Colborne Mayor Vance Badawey hands out candy to children on the parade route. Right, Santa arrives in Port Colborne aboard the tug J.W.

Left, Santa Claus walks through the crowd that came out to see his arrival in Port Colborne last weekend. Below, The Port Colborne High School band plays during the Port Colborne Spis School band plays during the Port Colborne Santa Claus parade Saturday night. Below right, Local children ride the Mill float during the 2010 Santa Claus parade in Port Colborne on Saturday.







INPORTANEWS

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■ourview

Get involved

he city's east side is a jewel that has been ignored for years, Mayor Vance Badawey told a group of 25 Port Colborne residents last week

Badawey and Dan Aquilina, the city's director of planning and development, were at Port Cares Reach Out Centre to talk with a residents' group - Moving Our Neighbourhood Into Action - about the waterfront community improvement plan, which will have an

impact on the east side. Aguiling give a slide presentation on the waterfront community improvement plan and some of the history behind the plan. Community improvement plans come with a number of things - such as funding for streetscaping, facade improvements and tax increment financing - that can be used by property owners and

private industry to improve an area. "The area is in need of revitalization and

redevelopment. The community needs to tell me how they feel things should be achieved," he said. Aquilina told people in attendance to get their ideas on what they'd like to see on the east side to him as soon as they could so the city can get the community improvement plan process underway early in the new

Ward 2 Coun. Yvon Doucet said it's very critical residents tell Aquilina and city council what they want to

We agree with both men.

Residents on the east side, which could be renamed in the future, should get involved. It's their community that will be revamped in the next few years. It's their community that could be a destination point for people visiting Port Colborne.

The east side was once a vital and vibrant area of the city. But as in most cities with major industry, as the industry declined so too did the area closest to it.

Workers from Canada Furnace and Inco (now Vale) lived on the east side, near where they worked. Surrounding those homes were many corner stores and shops that closed up when workers started to leave. Imagine new shops, corner stores, homes, apartment

buildings, maybe a small strip mall, some new industry and all new greenspace. But to have all that, residents need to get involved and

need to tell the city exactly what they'd like to see done. Residents can shape the future of the east side today. Help make the east side the jewel it can be.

COLUMN

I've been thinking about Happy Holidays

REV. THOMAS P. ARTH First Evangelical Lutheran Church

If you've driven past our church in the past couple of weeks and looked at the message on the south side of our sign you will have seen this: YOU ARE THE REASON FOR THE SEASON. IESUS LOVES YOU. It's a twist on an often expressed saying that "Jesus is the reason for the season." But I've sometimes wondered if that saving hasn't become so popular because some Christians have been getting a little defensive over what has been happening to "our" holiday.

I don't see it a whole lot anymore but when I was younger there were people getting upset over the use of "Xmas" and a popular saying was "Put Christ back in Christmas," (Actually X is the first letter of the word Christ in Greek but the people using Xmas probably didn't know that.) More recently there has been a backlash over what people call "political correctness" and Christian people get upset over the use of "Happy Holidays" and "Season's Greetings" in place of "Merry Christmas." I certainly wish people a Merry

don't get upset if someone wishes me Happy Holidays or Season's Greetings. And there are some people, perhaps relatively few but some, who celebrate other holidays during this season or who might have no celebrations at all.

I don't feel threatened. So far there's no law that says I can't put up a Christmas tree in my home and call it a Christmas tree. Nothing says I can't come to church on Christmas Eve to celebrate the birth of Christ, my Saviour and Lord. If the schools shy away from an overt observance of Christ's birth there's nothing stopping me from teaching my children the true message and reason for the season.

And speaking of "the reason for the season," what is the reason for the season? The saving goes that "Jesus is the reason. for the season" but is that really the case? I once tried to mess with my children when I suggested that Christmas is really all about presents. They tried to argue with me, giving me the expected Sunday School answer that Christmas is really about the birth of Jesus

I couldn't really fault them. Their answer was correct But I think I was right too. Christmas is all about presents. What is the greatest gift that we've been given? It's the life and salvation we have in Iesus Christ. God loved this mixed up and messed up world so much that he gave his only Son, "so that everyone who believes in him may not perish but may have eternal

life." Christmas is about the greatest gift. And the reason for the season is US. God sent his Son for YOU and for ME. But not only for those of us who call ourselves Christians. Jesus came for the ones who replace Christ with an X. Jesus came for the ones who celebrate other holidays instead of Christmas. Jesus came for the ones who celebrate nothing at all at this time of year. Jesus came for the ones being politically correct by wishing you Happy Holidays or Season's Greetings.

Jesus came and showed us the love of God. So, this Christmas season, rather than becoming defensive when someone wishes us Happy Holidays let us show love to our neighbours. Let us be open and invite family, friends, neighbours, and even strangers to know the love of Iesus that came down as the greatest gift of all.

And may your Holidays be Happy, your Greetings Seasoned, and most of all may your Christmas be Merry.

Christmas at this time of year but I ■readers'views

Great support for food bank Thanks The Port Colborne/Wainfleet and surrounding area Inter-Church Food Bank would like to thank the Port Colborne Lions Club and the community of Port Colborne for the generous outpouring of food and money it received from its annual food drive on Nov. 6.

It takes so much time and planning to be so successful and the many hours involved by the Lions Club with Lion Jason Hockley as convenor of the event, and the generous support on the day by volunteers young and old around the city enoughd that this annual event was a great success. Even the weather was on your side. The inter-church food bank would like to thank Fontaine's Moving and Storage in Port Colhorne for the use of

their tractor-trailer during that weekend. We could not have moved that amount of food to storage without your help. Again, thank you to Vale Inco for its nerosity in giving us the use of their building for storage for the year ahead. Thank you to all the volunteers who

came back again and donated their time on Monday to unload the tractor trailer into the storage building. I think it would also be good to publicly

thank all the volunteers at the inter-

church food bank for giving their time during the food bank hours to ensure that everyone in our city has access to this assistance as needed. We pray we will be able to continue to meet this need.

Marilyn Williams Interim director Inter-Church Food Bank

One city not wanted Recently an article appeared in The

Tribune in which Niagara Region Chair Peter Partington stated that some people want one city. What about the parts of the region that are not urban? Those of us not living in the city are sick of the region dictating to us to allow development to make all rural areas into urban areas Cities one fine for those that want the

hustle and bustle of living in the city. Like smaller lots, more stores, business, etc. And that is all fine if that is the lifestyle you choose to live in. It's your choice to live in the city should you see fit to do so. Then there are others who are farmers. those that put food on the tables of people throughout the region and the province.

You want food - you need farms. Simple. And you need areas for those farms. And then there are those that like the simple quiet life of living in the coun-

try. Not farmers but just people living a slower paced, relaxed lifestyle, They don't

need to go out for fun and entertainment They enjoy the tranquility of nature and the environment. That includes those in rural neighbourhoods both near the lake and others need wooded areas and farms. All those residential areas have different

needs. It appears to me that the only ones wanting "one city" are the St. Catharines politicians. This is evident in the location of the new regional hospital that will be of no use to someone living in the south of Niagara that has a medical emergency. They won't make it there in time. We are a diverse region with diverse

needs, Instead of thinking about St. Catharines and growing it at the expense of everyone in this area, we should look at the region as a whole

Are all municipalities being considered equally? Better yet - get rid of the regional council. Give the power back to the individual municipalities who can better listen and consider the needs of their constituents and do what is best for them. Bigger is not always better.

The region's decisions thus far only nowe that

Lee Bott

Wainfleet

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The nectar of the gods — on Clarence

There's this incredible little place downtown that allows one to enjoy wine on a budget. Not just any wine. Really, really good wine

Lydia Look founded A Taste of Wines in 2001 and the Clarence St, operation is the epitome of the small family business. Lydia's 20-year-old danghter LeAnna works in the shop as does Lena Peyton, who may as well be related since she really is just like family. On top of that, Lydia's warm and gracious husband Norm comes in when he's not working and has time and also helps out. A real handyman, Norm is responsible for much of what you see in the shop.

I've been making and bottling wine since Lydia opened her doors. Actually I knew her from her previous gig managing a makeyour-own wine shop pretty much next door to the



current storefront across from Rossman's Clothing. When that operation shut its doors, she decided to go into business for herself. And I can certainly attest to

the fact her 250-plus clients are glad she did. Making and bottling wine at A Taste of Wines is so much more than simply

making and bottling wine. It's an experience. And it all comes down to the attitude Lydia, Lena and LeAnna carry into the dayto-day life of the long, narrow

Ask Lydia what she likes about her business and she'll mention "the smell of the wines," and "the end product."

But ask her what she likes most about coming into her own business each day and

own business each day and her eyes light up.
"The people," she says without hesitation, "my clients. That's the most important part. I just love spending time with them." Lydla's clearly a people person and it allows her clients to actually look forward to going in and bottling a batch.

or two of wine.
It's so much more than simply pounting the aromatic liquid into bottles, putting a cork into the bottle, choosing labels and placing them on the front of the bottle, and heating a nice shrink-wrap over top of the cork.
Going into A Taste of

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GEORGE DUMA in/Port News photo A Taste of Wines proprietor Lydia Look helps me bottle my batch of Merlot last Saturday. Spending time at the Clarence St. business is like visiting with family in the rer orom.

Wines to bottle is a social catching up on what's going experience. It's a time for on around town, about

how kids are doing, about discussion on social issues. political issues, you name it. It's like going to visit a cousin and, oh by the way, you're going home with some really good wine made at an amazingly affordable price. The process is fairly simple. Choose the type of wine you want, mix it and then add yeast to start the fermentation process. It all takes minutes. Then, go away. Lydia, Lena and LeAnna take it from there. They will test it, stabilize it and filter

it. You simply go back in five

to six weeks - depending

a batch of concentrate or

hottling process

see DUMA page 6

on whether you have made

juice - and go through the

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■ DHMΔ

Great wines at reasonable prices

A batch of juice, which produces 30 750-ml bottles, runs \$134.75. Meanwhile, a batch of concentrate costs

batch of concentrate costs \$101.70. And with about 100 different wines from which to choose, there truly is something for every kind of wine aficionado.

Personally, I've tried many
of the whites and reds over
the years and settled on
the Merlot, both juice and
concentrate.

"The juice really does make a better wine," Lydia says, and

she's right.

But I've also made the concentrate a number of times and thoroughly enjoyed it, too.

Other red favourites

include the deep, red rich Italian Barolo and the Sangiovese wines. On the white side, my personal preference goes to the Chardonnay and Gewürztraminer, traditional

aromas and delicious flavour.
But there are far more
adventurous wines for those
so inclined.
The Niagara Mists certainly

The Niagara Mists certa fall into the somethingdifferent category and though they're great any time of the year, they are particularly refreshing in the summertime. These include such flavours as Peach Chardonnay, Green Apple Sauvignon Blanc, Pink Grapefruit Blush, Tangerine Pinto Griglo, Strawberry White Zinfandel and, well you get the idea. They're not

Pinot Grigio, Strawberry
White Zinfandel and, well
you get the idea. They're not
really coolers as such but fill
a glass with ice and pour one
of those over the ice and you
have a refreshing drink.
So if you enjoy a wonderful
glass of wine but are tired of

paying high prices, drop by and say hello. You will be welcomed with open arms and I guarantee that if you make your first batch, it definitely won't be your last.

Cheers. George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the journalism faculty at Niagara College.



He welcomes comments and

can be reached at: gduma@

column suggestions and

conseco ca

GEORGE DUMA InPort News photo

A Taste of Wines client
Mario Brouillard puts the
finishing touches on his
batch of Cabernet Merlot
last Saturday. Originally from
the south shore of Montreal,
Mario has lived in Port for
the past 18 years and is a
Grade 3-4 teacher at Ecole

Champlain in Welland.



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"My sincere thanks to the people of Ward 2 and residents of Port Colborne. Over the last seven years, I've been blessed to serve you at City Hall.

Together we have fought for greater accountability, transparency and fiscal responsibility.

I am deeply humbled by the faith you have placed in me to be your voice on issues affecting your daily lives.

Once again, Thank You"

Domenic Ursini





■ PROGRAM: Assisting residents for the last 40 years

Santa getting help from Port Colborne volunteers

InPort News Staff

PORT COLBORNE - Santa Claus may get a lot of credit for the smiles on Christmas Day, but it's his helpers who work hard throughout the yuletide season to create true Christmas

The Santa's Helpers program has been assisting Port Colborne residents for the past 40 years, providing food, clothing and toys to low-income families during the holidays.

As the Christmas season draws near, the program must again rely on the generosity of the community for donations to fill baskets for families in need. savs organizer Mieke Van Es.

Donations of toys, clothing and nonperishable food items, as well as monetary donations, can be dropped off at any Port Colborne bank, ReMax Realty on the corner of Elm and Killaly Sts., or at Community Living Port Colborne-Wainfleet, 100 McRae Rd

Low-income families can register for the program at Community Living beginning today. Volunteers will be on hand to assist each day from 9:30 a.m. to 2 p.m. until Dec. 14. Residents are reminded to bring proof of residency when registering.

Distribution of the Christmas baskets will begin Dec. 15. Although there's no way to

tell how many families will register for this year's program, Van Es expects numbers to reach close to last year's total of nearly 400.

Each family is given a parcel that contains enough food to last at least two days over the holidays, including a ham for Christmas dinner, Also included



is a voucher, based on the size of the registered family, that will allow people to buy fresh produce and milk.

Most important, Santa's Helpers ensure that youngsters in the community don't wake up to a void under their Christmas tree, by providing oys and stocking stuffers for children ages 11 and under. For youth 12 to 16, stocking stuffers are provided as well as gift certificates for local stores.

mfirth@wellandtribune.ca

Santa's Helpers organizer Mieke Van Es, with some of the toys donated in this November 2009 file photo. The program helps ensure hundreds of families have gifts under the Christmas tree and food on the table



Announcement



David Barrick, B.A. (Hon), R.I.B.(O)

Sandy White of Whites' Insurance Brokers is pleased to announce that David Barrick has joined their team. David joins Whites' from the St. Catharines office of The Verge Insurance Group. David has over 15 years of customer service and business experience which he brings to his clients. David has deep roots in the Port Colborne community including his 4 years on Port Colborne City Council and as the current Niagara Regional Councilor. He will be located at 45 Clarence Street West in Port Colborne

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■ MEETING: Waterfront plan revealed

An urging to make wishes known

DAVE JOHNSON InPort News Staff

PORT COLBORNE - The city's east side is a jewel that has been ignored for years, Mayor Vance Badawey told a group of 25 Port Colborne residente last week

Badawey and Dan Aquilina, the city's director of planning and development, were at Port Cares Reach Out Centre to talk with residents about the waterfront community improvement plan, which will have an impact on the east side.

Residents who attended the meeting were part of a group — called Moving Our Neighbourhood Into Action - formed after a community forum in late October run by

Niagara Prosperity Initiative. The group, which has formed five sub-groups, has met once already to talk about issues affecting the city's east

The last meeting saw a Niagara Regional Police officer come in to talk about drug



DAVE JOHNSON Staff Photo

side itself and the marine area

on the west side. Part of the

plans for the east side included lands right up to the canal wall.

Dan Aquilina, left, Port Colborne's director of planning and development, and Mayor Vance Badawey talk before a meeting with the Moving Our Neighbourhood Into Action group Thursday night at Port Cares Reach Out Centre. The two were there to outline the city's waterfront community improvement plan, which will have an impact on the east side.

dealers on the city's east side. The recent meeting saw Aquilina give a slide presentation on the waterfront community improvement plan and

He said the plan first came together in 2002 and looked at waterfront lands along the canal on the east side, the east

But further discussions some of the history behind the with Transport Canada and St. Lawrence Seaway Management Corn saw some of the land removed from the

Aquilina said community

a number of things - such as funding for streetscaping. facade improvements and tax increment financing that can be used by property owners and private industry to improve an area

The area is in need of revitalization and redevelopment. The community needs to tell me how they feel things should be achieved," he said

Ward 2 Coun, Yvon Doucet said it's very critical residents tell Aquilina and city council what they want to see done. Aquilina told people in attendance to get their ideas on what they'd like to see on the east side to him as soon as

they could so the city can get the community improvement plan process underway early in the new year. Ward. 2 Coun. Angle Desmarais said parts of the community improvement plan may fit into the various sub-

groups formed. see EASTSIDE page 9

Niagara firefighters help fund burn camp needs

InPort News Staff

PORT COLBORNE -Members of Niagara's various fire services and associations this week had a look at what their funding to the Fire Service Society went toward.

Society chair Bruce Little brought a trailer, with a golf cart and scooter on board, to Port Colborne Fire and Emergency Services' fire hall Tuesday. He said Niagara funding helped buy the trailer, which allows the golf cart - painted fire engine red — and scooter to be safely stored and secured. The golf cart and scooter are used at Camp Bucko, in Minden, Ont., for children suffering burns from fires and the golf cart and scooter are used to shuttle those injured children. Little said it costs \$1,100 per child to attend the camp. The Fire Service Society does what it can to provide funding to the

camp to cut those costs. The society was founded in 1994 as a charitable not-

for-profit corporation and its goal is to develop sources of funding for fire safety and burn-related programs in the province. Founding members include representatives from Ontario Association of Fire Chiefs, Ontario Municipal Fire Prevention Officers Association, Ontario Municipal Fire Department Instructors Association, Firefighters Association of Ontario and the Ontario Retired Fire Chiefs

It is also dedicated to raising funds to assist in the advancement of research and the development of improved methods of hurn treatment. the administration of fire safety programs, fire and burn related educational programs and financial assistance to hospital

Association

and clinic burn units. The society gets funding through the sale of licence plates with the Maltese Cross and words Proud to Serve underneath on the left side of the plate.

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III FASTSIDE

FROM PAGE 8

Some of the sub-groups are looking at things like improving Nickel Beach, green space, improv ing roads and sidewalks, a dog park and property standards. She, too, stressed it's important

residents made sure the city and Aquilina know what they'd like to

see done Badawey, who was raised on the east side, said the improvement plan process is not a city-driven process, but rather a residentdriven one

The mayor said the east side of the city has a huge opportunity because of what it has to offer in terms of land use

The area, he said, is unique in the fact that there can be everything from residential and commercial to recreational and

industrial.

"It can be a destination point for people coming into the city." wey said

More information on the waterfront community improvement plan, and other community improvement plans, can be found at www.portcolborne.ca/page/ Community_Improvement Plans.

wellandtrihune ca



Menopause

Symptoms of menopause can be very uncomfortable. The three most common complaints are hot flashes, insomnia, and vaginal dryness. After the Women's Health Initiative trial many patients discontinued their hormone therapy due to concerns about cardiovascular problems and breast cancer with Premarin and Premplus, Unfortunately this left many women struggling with their symptoms.

Mort recent guidelines have emphasized that short-term use of hormone therapy during early menopause may not be that risky. The risk of heart disease is small if hormones are taken within the first 10 years of menopause. Also, evidence indicates that the risk of breast cancer probably doesn't increase when combination hormone therapy is used for only 2 to 3 years. (Of course you should consult your doctor for their pointon on this information)

There are other options if patients do not want to go the traditional route of hormone replacement. The best way to deal with symptoms is to treat them individually.

For patients with hot flashes try non drug options first. Patients should exercise, manage their weight, stop smoking and avoid hot drinks, caffeine and alcohol. There are some herbal products on the market that can be tried, but in general do not have much evidence for effectiveness. Black cohosh is being used by many women but it does not seem any better than placebo for hot flashes. In addition there have been some reports of liver toxicity with its use. Soy may provide a small benefit. A common dose is 60 grams /day of soy protein from food, or up to 120 mg/day of soy isoflavones from supplements. Evening primrose, dong guai, wild vam, and red clover, chasteberry and ginseng have not been shown to work for hot flashes. There are some prescription drugs that can be tried as well. These include ventafaxine, gabapentin, and clonidine. You can ask your doctor if one of these agents are right for you.

Vaginal dryness can be treated by an over the counter product called Replens. If this proves ineffective a local estropen therapy such as Vagifem can be tried.

Insomnia can be treated with a low dose non addictive prescription medication such as Zonidone. An over the counter medication like Gravol or Renadryl can also be used on an occasional basis.

Osteoporosis is a real concern for menopausal women not on hormone therapy. Women of this age should make sure they are getting 1500 mg of calcium and 1000 IU of vitamin D daily

Bio-identical Hormone Replacement is another option for symptom treatment. Hormones used in this treatment are identical to those in the human body. Bio-identical Hormone therapy is very individualized treatment. Patients have their hormones analyzed through a saliva test and then their prescriptions are tallor made to meet their needs. Doses and hormones used are compounded in the pharmacy for each individual depending on their deficiencies and physician's prescription. For further information on this type of treatment please visit our website www.boggios.com.

Menonause can be an extremely difficult time for many women. Luckily there are some good treatment options for the most bothersome symptoms. The best approach to dealing with them is to consult your doctor and pharmacist about the safest most effective treatment for you.



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December 23rd Our Port Country Pantry 5

INGREDIENTS Baked Christmas Ham

Preheat oven to 325 Degrees F

I. Place harn, out side down, in baking pan. Score the rind about 1/8" deep into 1 ½ " diamonds. Insert a clove into the center of each diamond. Arrange pineapple slices over the exposed area by inserting a cherry into center of each one with a toothoick.

 Mix the pheapple liquid with the brown sugar and 2 tisp, of cherry liquid, ("Or using the Glazed Cherry method), "2 tisp, Unposteurized Honey. Pour over the ham, then bake until ham reaches 160 degrees F. Check ham temperature with meat thermometer, Baste every 30 minutes, basting over ham & pineapple to keep it mois!

3. Remove from oven & let stand for about 30 minutes before nicks, pineapple, cherries & cloves

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(your choice of favorite cut) 1 can pineapple slices, drain (reserve liquid)

1 small jar maraschino cherries

(reserve liquid)
(*Or using Glazed Cherries
method), *1 cup glazed cherries
instead of maraschino cherries

2. Use reserved pineapple liquid

(*Or using Glazed Cherry

2 tbsp. of reserved cherry liquid

*2 thsp. Unpasteurized Honey, instead of cherry liquid

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DAVE JOHNSON InPort News Staff

PORT COLBORNE - Mayor Vance Badawey is hoping companies like Samsung and Siemens will see the advantages of setting up shop in the city.

"Our front door is open, walk on in. Your future is here, Badawey said last week at Port Colborne-Wainfleet Chamber of Commerce's Mayors' Breakfast, "We're here, we're ready for



Badawey

home for com panies that produce wind turbines.

Badawey told chamber members the city is well-positioned to become

Colhorne as a gateway economic centre.

As he spoke

about Niagara

and Port

His speech, part of which was indirectly aimed at the two firms was made as the province and Samsung announced Windsor would be home to one of four plants to be built in Ontario under an agreement with the provincial government.

Also under the agreement, a certain percentage of parts for new turbines must be made in Ontario

see WIND POWER page 13



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WIND POWER

'Right package' in Port Colborne: mayor

EDOM DAGE 1

"We see growth in wind turbine development, especially with the content requirement," Badawey told about 50 chamber members. Port Colborne has a competitive advantage over many

other areas of the province, he said.

While there are no largescale plants companies like Samsung and Siemens could move into right away, there

Samsung and Siemens could move into right away, there is a lot of land that could be home to a new facility, the mayor said.

Badawey said although the

Badawey sald although the city has serviced industrial lands, it is looking to service the additional lands along the Welland Canal from Ramey's Bend north to the Welland border.

"Manufacturing and construction efficiencies can be realized by clustering the component manufacturing

III PORT BRIEF STUDENTS GIVE WHERE THEY LIVE

Port Colborne students are eager to give where they live. About 65 students from Grades 7 to 12 took part in the Give Where you Live Niagara: Caravan of Character event recently at St. Catharines Collegiste; where 350 District School Board of Niagara students had the opportunity to

and turbine assembly operations. This would require approximately 200 acres of serviced land with good marine, rall and road access. A model example of such a cluster is the recent development at Bremerhaven in Europe. This multi-manufacturer wind cluster was conceptualized in 2002 and in operation in 2004, he told

chamber members.

A cluster, he said, could easily fit into the canal lands. Those lands have access to the canal and rad and rad access is right nearby, all of the things companies like Samsung and Siemens are looking for when considering

a place to locate.

"These are the advantages we have. We also have a strong industrial supply chain in the community and labour "We have the right

package." djohnson@wellandtribune.ca

meet with 21 non-profit agencies from across the region. Port Colborne students made

their selection of organizations they would like to work with on Jan. 11, Feb. 2 and March 31. While immersed with those organizations, students will put together age-appropriate service projects with the help of Niagara College and Brock University



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■ BRIDGES: Looking for volunteer youth health promotion committee

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Seeking applications from Port youths

InPort News Staff

PORT COLBORNE -Bridges Community Health Centre is seeking Port Colborne and Wainfleet youth in grades 7 to 12 to help form its brand new volunteer Youth Health Promotion

Committee. "We are looking for youth who are passionate about youth health issues and want to make a difference in their community," said health promoter, Lori

Kleinsmith Once formed, the committee will help Bridges develop and co-ordinate a youth health promotion strategy. "This is a great opportunity for youth who want to help local youth health issues, while adding to their resume, said Kleinsmith.

To apply, please send your name, contact information, and a brief paragraph describing your interest in health promotion to lori. kleinsmith@bridgeschc.ca by

December 22 Bridges Community Health Centre is funded by the Hamilton Niagara

others and take action on Haldimand Brant Local Health Integration Network. Community Health Centres meet the needs of their communities through the delivery of comprehensive primary health care services with a focus on health

promotion and community development. For more information on Bridges Community Health Centre, visit its website at

www.bridgeschc.ca.

MPP: Kormos submits petition

7,000 signatures protest health care which refers to increasing

ALLAN BENNER InPort News Staff

WELLAND - Seven thousand Niagarans have let the provincial government know they're not happy with the way their hospitals are being run.

Welland MPP Peter Kormos submitted a 7,000-signature petition to the provincial legislature Wednesday, asking the province to appoint an independent investigator to "investigate the Niagara Health System and to act quickly on his/ her recommendations in order to improve the quality of management, patient care and access to hospital services throughout the region and to meet all of Niagara's communities' growing health-care needs. and to ensure that there is a substantive improvement in the quality and accessibility to health care in the

Niagara region. Sue Hotte, co-chair of the Niagara Health Coalition. wait times and ambulance service delays throughout Niagara caused by the closure of emergency departments in Fort Erie and Port Colborne and other service

cuts at NHS bospitals. The petition warns that further cuts and service con-

the health system's hospital improvement plan "will adversely affect over 300,000 residents."

enlidatione

included in

Hotte said coalition representatives had no problem finding people eager to add their names to the petition. She said half of those signatures were from the

St. Catharines and Thorold Although a new hospital is under construction in

"gridlock" at their current hospital - lengthy wait times, cancelled surgeries

and "a lot of dissatisfaction." You just have to ask around, and people are not happy. A lot of them have stories about friends and family who certainly did not receive the kind of good care that one would expect from

our hospitals," she said. "There's an awful lot of concern," she said, adding that concern was expressed

everywhere in Niagara Hotte said financial decisions made by the Local Health Integration Network. and ultimately by the government, have left the health system "between a rock and a hard place."

Although the health system has had many reviews of its finances, the coalition is hoping an independent investigation that looks at the community impact - instead of just dollars and cents - will lead to "recommendations that the (provincial) government would have to look seriously

228 East Main Street Welland, Ontario said her organization spent St. Catharines, Hotte said at following." the past three months asking St. Catharines and Thorold people to sign the petition, residents are dealing with abenner@wellandtribune.ca CHILDRENS SOUARTERS MAUTICAL 192 West St. Port Colborne -ONE-OF A VIND "A Unique Shopping Experience Along the Canal" **OPEN 7 DAYS A WEEK • 905-834-5921**

PORT HIGH

Speak up, not down

For InPort News

PORT COLBORNE -Students of Port Colborne High School participated in the assembly to speak up against bullying, drunk driving, texting while driving and

many other things recently. Teacher Lorie Iannetti driving. started a club where students can come in and help aware people of young age about important things such as drunk driving.

Students who joined and decided to speak out at the assembly were Samantha Burgers, Tabatha Tonnies, even drive under the influ-

Jessica Resuregard, Jennifer ence of marijuana Nicholls, Katelynne Coulombe, Jason Miller, Chris Linscombe, and Beina

Each of these students spoke about speeding and texting, seatbelts and how they can save lives, being

high, drunk, or tired while All week these dedicated students asked the student body to wear pink to aware

people of bullying. The students had to watch a video about what could happen when you text and drive, drink and drive, or

Teacher Amy Converset's dance class did a piece to support the assembly and

A moment of silence was asked upon the students of

Port Colborne High School to show respect to the crash victims of drunk driving and cell phone use.

These chosen students put a lot of awareness into the kids who can drive.









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■inPortbriefs AWARDS FUNDS

Niapara has received nearly \$1.3 million in Trillium Foundation funding Service clubs and agencies in Port Colborne Pelham and Welland have been allocated a piece of that pie. The Oak Centre gets \$86,200 to establish a clubhouse in Port Colborne for people with mental health issues, while In the

Arts in Pelham gets \$40,000 to deliver multidisciplinary afterschool arts programs for youth. Port Cares Reach Out Centre gets \$75,000 for renovations. Rose City Kids gets \$67,800 to provide free after-school and Saturday programs that provide tutoring support, life skills, social interaction and fun activities for children, while Wesley United Church gets

Orchard Programming for the

\$51,000 to replace the roof of its community hall. Port Colborne Social and Recreation Centre for Senior Citizens gets \$9,700 to purchase office technology and maintenance equipment to increase seniors' safety, reduce operating costs and make presentations and the City of

Port Colborne gets \$15,000 to install signage to draw more tourists to cultural and

recreational attractions. Ontario Trillium Foundation helps to build healthy communities by strengthening the voluntary sector through community-based initiatives.

BEET JUICE TO BE USED ON REGIONAL ROADS

Niagara Region will again roll out beet juice to use on area roadways. Buoyed by the success of a nilot project to de-ice certain roads with the organic juice last winter, the region has decided to forge ahead and use it across

Niagara this winter Beet juice was tested in Wainfleet and part of Niagara-onthe-Lake. The compound, made of salt brine and sugar beet juice, is either applied on roads directly to prevent ice from forming or used to wet the salt before it's put on streets. The Region estimates using beet juice will reduce its of salt use by 38%. It will also shave about \$200,000 from the region's annual safting budget.

The region typically plows through about 20,000 tonnes of salt every year to clear area **■ EMERGENCY ROOMS:** Closure upset Port residents

Hospital fundraising stalled

QMI Agency

ST. CATHARINES - The fundraising campaign for the

new St. Catharines hospital is in good shape, despite being stalled by a poor economy and ongoing political strife over local health care in south Niagara, says the outgoing head of the Niagara Health System Foundation

Bill Hallett, the CEO of the foundation, said it's raised about \$31 million of its \$40 million target for the new hospital being built in west St. Catharines. Originally expected to end this year, the fundraising campaign will continue through to late 2012, when the hospital is scheduled for completion.

"There were some things that slowed it down," said Hallett, who leaves his parttime post at the end of the year. *But on the whole, the volunteers and everyone involved have done a remark

able job, and I have been very proud to be associated with

Hallett joined the foundation in 2004, shortly after the NHS incorporated the organization to raise money for the new hospital that will include a regional cancer centre and

mental health-care beds. A private consultant by trade. Hallett said he had to figure out what to call the foundation, put a board of directors in place and get the campaign

running.

Although he took the post part-time, the board extended his contract as the campaign moved - albeit slower than expected - toward its goal. Hallett said the recession

made fundraising difficult People had less disposable income for the NHS foundation at the same time other hospital foundations and local charities were all appealing for public donations.

This problem was com-

It wasn't popular with some people

in Fort and Port who didn't donate, because they wanted to donate to their own local hospital."

Bill Hallett Niagara Health System Foundation

pounded by political reaction to the NHS restructuring plans in southern Niagara, he said. The plan turned the emergency rooms in Port Colborne and Fort Erie into urgent care centres, a move that upset many residents in those

communities "It wasn't popular with some people in Fort and Port who didn't donate, because they wanted to donate to their own

local hospital," Hallett said. The foundation's target for fund-raising in southern Niagara is \$7 million, he said.

but to date have only raised about \$3 million.

While Hallett said he understands that people have a pas sionate attachment to their local hospitals, a larger view of health care in Niagara is necessary

"I think if the people in Fort and Port recognize that the services at this hospital - the cancer centre, the mental health beds, the cardiac centre - are services for everyone, then they should support this campaign," he said

The slower than expected campaign was extended to 2012, but Hallett said he is sure it will meet its ultimate goal.

He said the foundation board asked him to consider putting his name forward to be a full-time CFO, but Hallett said he would rather have more time to spend on his consulting business. A new CEO has not yet been named for the foundation.

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